



Ymddiriedolaeth Gymunedol
GLANNAU DYFRDWY
DEESIDE Community Trust

DEESIDE COMMUNITY TRUST

SUT I DEIMLO'N DDA

Ydych chi angen rhoi hwb i'ch hunan hyder?
Ydych chi wedi colli eich sbarc?

YMUWCH Â NI I DEIMLO'N WELL AMDANOCH EICH HUN
AC I SYMUD EICH BYWYD YN EI FLAEN

Mae hwn yn gwrs 6 wythnos ar-lein i ferched Sir y Fflint sydd dros 19 oed. Mae'n cychwyn ar 29 Ebrill, o 7:00pm tan 8:45pm ar Zoom. Byddwn yn rhoi cymorth i chi os ydych chi'n newydd i Zoom.

Mae'r cwrs wedi'i ariannu'n llawn gan Grant Dysgu Cymunedol i Oedolion Cyngor Sir Fflint ac mae'n cynnwys dyddlyfr rhad ac am ddim. Anfonwch e-bost i info@deesidecommunitytrust.co.uk i gadw eich lle.





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HOW TO FEEL GOOD

DO YOU NEED TO BOOST YOUR SELF-
CONFIDENCE? HAVE YOU LOST YOUR
SPARKLE?

JOIN US AND FEEL BETTER ABOUT YOURSELF AND MOVE
YOUR LIFE FORWARD

This 6 week course is available to Flintshire ladies over the age of 19. It starts on 29 April, 7:00pm to 8:45pm via Zoom. Help will be provided if you're new to Zoom.

The course is fully funded by the Flintshire Adult Community Learning grant but there is an expectation you will complete all sessions once enrolled. email: info@deesidecommunitytrust.co.uk to reserve your

place.

